

Weight Gain

Most people lose weight during cancer treatment. But some people put on weight. Either way, it is very important to maintain good nutrition during treatment.

TRY THIS

Eat well during treatment. Choose healthy foods like fruits and vegetables.

CHECK THIS OUT

Visit the Springboard page on Weight Gain.

<https://smokefree.gov/springboard/symptoms/weight-gain>

Get tips on eating well. <http://goo.gl/HBsWAU>

Learn about nutrition for people with cancer. <http://goo.gl/WSMVIn>

Get some quick-and-easy snack ideas. <http://goo.gl/HBsWAU>